

Obesity & Weight Management & 17th World Fitness Expo

Physical activity and well-being: An exploration of the mental and physical benefits achievable through dance

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Abstract

Biography

Sharon Phelan lectures in Physical Education and Dance at the Institute of Technology, in Tralee, Co. Kerry, Ireland. She has danced with Siamsa Tire, the National Folk V@^æc'À[-ÀQ'Àæ) àÈ[-[c'ÀG ÍÀ^æ'æ) àì•@Àè•kæìPæç[)æ|ÀOæ&àjææç[íè)Àæ) &À, àc@Àc@ÀÀO^]æ'c { ^}c[-ÀOà'æçç[]ÈÜ@À, æ•À'À•[])•à'À[-[íÀc@À, í•cìæ) &À'•"æà'•kæç'À&[) àì

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